

Coaching circle

(max 75 mins per session, 4-5 people per circle)

Roles:

1. **Case-giver** – share a current, concrete, and important aspiration or challenge. Choose one in which you are a key player and in which gaining more insight could make a big difference in moving forward. Include what you need to let-go of and learn. You should be able to present the entire case in 15 minutes using the questions in step 2 below as a guide.
2. **Coaches** – listen deeply. Do not try to ‘fix’ anything or give advice. Your role is to listen generatively (attending to your own open posture, breath, attitude) and noting any feelings and images that arise. You always have the option to ‘pass’ in the conversations.

3. **Timekeeper** – one of the coaches who manages the time, process, and focus

Step	Time	Activity
1	2 mins	Timekeeper reviews roles, goal, and generative listening worksheet . All pause to breathe and get present
2	15 mins	Case-giver presents story <ul style="list-style-type: none">● Current situation: What key challenge or situation am I up against?● Stakeholders: How might others view this situation?● Intention: What future am I trying to create?● Learning threshold: What might I need to let go of? What might I need to learn?● Help: Where do I need input or help? Coaches listen generously and only ask clarifying questions if necessary (NO advice!)
3	3 mins	Silence - all <ul style="list-style-type: none">● Connect with your breath● Notice your feelings● Review to what resonates
4	5-10 mins	Mirroring - all <ul style="list-style-type: none">● Each coach BRIEFLY shares any images/feelings/metaphors that arose● Once all the coaches have had an opportunity to share, the case-giver reflects back what s/he heard
5	20 mins	Generative dialogue -all <ul style="list-style-type: none">● Coaches pose open questions● Go with the flow of dialogue, build on ideas● Stay in service of the case-giver without pressure to fix or resolve the issue
6	8 mins	Closing remarks <ul style="list-style-type: none">● By coaches● By case-giver: How I now see my situation and way forward Thanks and acknowledgement: An expression of genuine appreciation to each other
7	2 min	Select case-giver and time keeper for next session
8	2 mins	Journaling –all (but especially case-giver) <ul style="list-style-type: none">● Record learning, observations, and next action steps

In case of emergency – Help is available for suicide crisis and prevention. Call 9-1-1 or get support from a [local crisis centre](#). There is also the [First Nations and Inuit Hope for Wellness Help Line](#), 1 866 APPELLE (Quebec residents) and the [Canada Suicide Prevention Service](#) (1-833-456-4566); all offer 24/7 support.